

# *2018 Aging in Texas*

**AGING THROUGH THE WAVES OF CHANGE**

**July 11-13, 2018 ★ Omni Corpus Christi Hotel**

[www.agingintexasconference.org](http://www.agingintexasconference.org)

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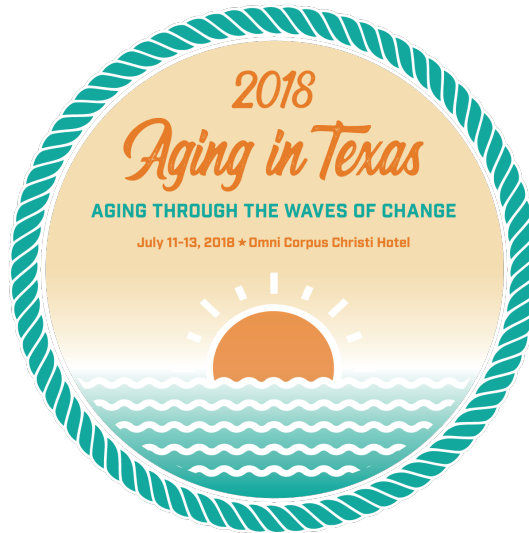
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# 2018 Aging in Texas Conference

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On behalf of the Texas Association of Area Agencies on Aging, Texas Health and Human Services Commission & the Texas Association of Regional Councils

Welcome to



Building on the momentum from previous conferences and highlighting the benefits of keeping seniors connected and engaged within their communities, the theme of the 2018 Aging in Texas Conference (AiTC) is, “Aging through the Waves of Change!”

As older Texans continue to live longer, healthier lives, change comes in waves that offer new opportunities for providers and professionals to ensure the state’s seniors continue to live with dignity and participate fully in life. The 2018 AiTC will focus on ways professionals within the aging services community can incorporate best practices and innovative programming to reinforce Texas’ strength in collaboration by promoting connectivity and partnership to assist our state’s growing senior population.

It is through an educated workforce and public that we can help older Texans age through the waves of change.

**Posting to social media? Be sure to tag us! #2018AiTC**

# 2018 Aging in Texas Conference

AGING THROUGH THE WAVES OF CHANGE

## A Message from the President



**C**on behalf of the 2018 Aging in Texas Conference Planning Committee, we want to welcome you to Corpus Christi, the Sparkling City by the Sea. In addition to networking with aging professionals from across Texas, our goal is for you to leave here with tips, tools and ideas that will not only assist you in serving our state's seniors, but offer fresh, innovative programming to keep you up-to-date on the best ways to keep seniors active, healthy and connected to the world around them. As we spend the next few days learning new ways to make a positive impact on the lives of older Texans, we want to be sure the seniors we serve know we stand ready to help them AGE THROUGH THE WAVES OF CHANGE! Thank you to the Texas Health and Human Services Commission for their continued partnership and each of you for your support and attendance. We hope you enjoy your time at AiTC 2018!

*Curtis Cooper*

**Curtis Cooper**

President

Texas Association of Area Agencies on Aging [T4A]

**Posting to social media? Be sure to tag us! #2018AiTC**



# 2018 Aging in Texas Conference

AGING THROUGH THE WAVES OF CHANGE

## 2018 AGING IN TEXAS CONFERENCE PLANNING COMMITTEE

Thank you to the staff of the Coastal Bend Area Agency on Aging for serving as the local host of this year's conference.

**Curtis Cooper**, T4A President, Houston-Galveston Council AAA

**Viola Monrreal**, Coastal Bend Council of Governments AAA, Local Chair

### Texas Association Of Area Agencies On Aging [AAA] Representatives

**Yvette Lugo**, Rio Grande Council of Governments AAA

**Liz Castro**, South Plains Association of Governments AAA

**Paula Johnson**, Harris County Council of Governments AAA

**Gary Luft**, Heart of Texas Council of Governments AAA

**Bettye Mitchell**, East Texas Council of Governments AAA

**Toni Roberts**, Concho Valley Council of Governments AAA

### Texas Association Of Regional Councils [TARC] Representatives

**Ginny Lewis**,

**Kimberly Lile**

**Marivel Leija**

### Texas Health And Human Services Commission [HHSC] Representatives

**Heather Blackwell**, Manager, Local Procedure Development and Support, Office of Area Agencies on Aging

## GENERAL CONFERENCE INFORMATION

### Registration Desk Hours

Wednesday, July 11, 2018 ..... 8:00 am – 5:00 pm

Thursday, July 12, 2018 ..... 8:00 am – 5:00 pm

Friday, July 13, 2018 ..... 8:00 am – 11:00 am

### Conference Schedule

#### Wednesday, July 11, 2018

Exhibitor/Vendor Set-up ..... 8:00 am – 11:00 am

Exhibit Hall Hours ..... 12:30 pm – 5:00 pm

Welcome Luncheon ..... 11:00 am – 12:30 pm  
& Keynote Address

Exhibit Hall Grand Opening ..... 12:30 pm – 1:00 pm  
& Dessert  
*[Sponsored by Cigna HealthSpring]*

Breakout Sessions ..... 1:05 pm – 4:50 pm

Welcome Reception ..... 5:00 pm – 6:30 pm  
with Special Local Entertainment  
*[Sponsored by Aetna]*

#### Thursday, July 12, 2018

Exhibit Hall Hours ..... 8:00 am – 2:00 pm

Coffee & Snack Break.....8:30 am – 9:00 am  
*[Sponsored by Amerigroup]*

Breakout Sessions ..... 9:00 am – 10:50 am

Lunch on your Own ..... 11:00 am – 1:30 pm

Exhibit Hall Closing & Dessert .....1:30 pm – 2:00 pm  
*[Sponsored by Superior Healthplan]*

Breakout Sessions ..... 2:00 pm – 4:50 pm

Exhibit Hall Tear-Down ..... 2:00 pm – 5:00 pm

#### Friday, July 13, 2018

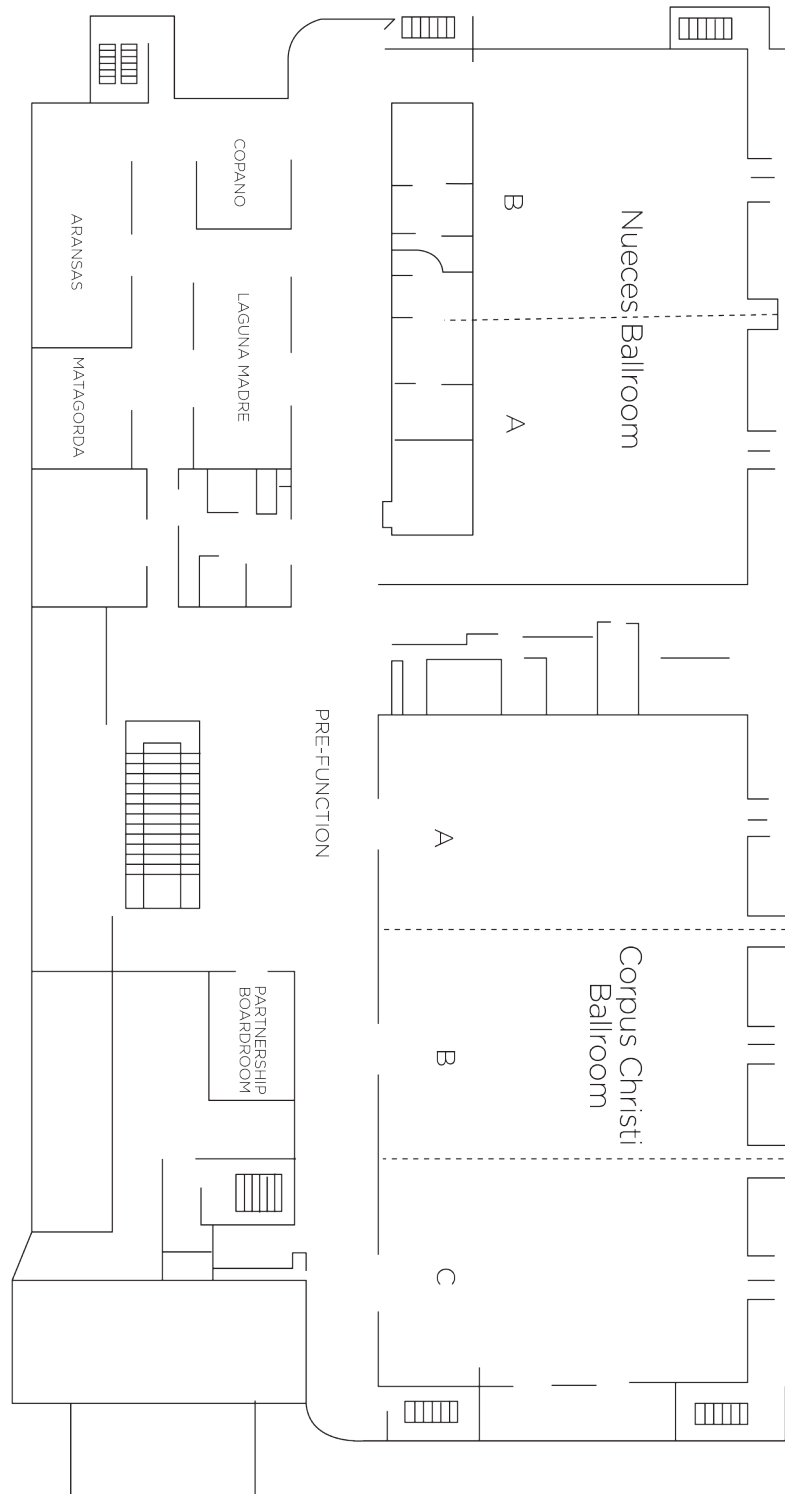
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Closing Breakfast ..... 9:00 am – 11:00 am  
& Keynote Address

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## Omni Corpus Christi



# 2018 Aging in Texas Conference

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## AiTC 2018 Special Events

### Exhibit Hall Bingo

#### How to Play

1. It's EASY! Just visit all participating booths and have it marked on your BINGO card found in your conference bag.
2. BINGO starts at the Exhibit Hall Grand Opening, 12:30 pm on Wednesday, July 11 and continues until Thursday, July 12 at 2:00 pm.

#### How to Win

1. Fill in the contact details on the back of the BINGO card.
2. BINGO cards must be turned in at Registration by 2:00 pm on Thursday, July 12 in order to be eligible for the prize drawing.
3. The prize drawings will take place during the closing breakfast on Friday, July 13. Participants must be present to win.

### Meet the Top 2



**Humana.**

#### How to Play

1. Visit our top 2 conference exhibits and drop your business card in the glass bowl on their table by 2:00 pm on Thursday, July 12.

#### How to Win

1. During the closing breakfast, each sponsor will draw a card from their bowl for a special gift from the sponsors.
2. Participants must be present to win.

### Win the Title of AiTC 2018's Social Media Butterfly

#### How to Play

1. Share photos, posts and tweets while during the conference to Facebook, Twitter and Instagram.
2. Tag posts with **#2018AiTC**.
3. Post the most tags by 5:00 pm on Thursday, July 12.
4. Winner announced during the closing breakfast on July 13. Participants must be present to win.

### Welcome Reception

Kick off your 2018 Aging in Texas Conference experience at the Welcome Reception in the Exhibit Hall. Enjoy food and drinks while you network with peers, as well as the sponsors and exhibitors you've been waiting to meet. Entertainment will be provided by a very talented local group and is sponsored by the Corpus Christi Mayor's Council on Aging!

### Available Continuing Education Units (CEUs)

The Texas Health and Human Services Commission is once again sponsoring continuing education units (CEUs) for attendees at the Aging in Texas Conference for the following fields:

- Social Workers
- Licensed Marriage & Family Therapists
- Licensed Psychology Professionals
- Licensed Professional Counselors
- Qualified Intellectual/Developmental Disability
- Assisted Living Facility Managers
- Occupational Therapists
- Licensed Nursing Facility Administrators
- Certified Nurse Assistants
- Nursing Facility Activity Directors

*All conference breakout sessions are eligible for credit, resulting in up to 8.5 total hours of available CEUs! For your CEU forms, please see page. 30. Attendees will self-report hours and maintain records of attendance.*

# 2018 Aging in Texas Conference

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## CONFERENCE AGENDA

### Wednesday, July 11, 2018

8:00 AM - 5:00 PM **Registration Desk Hours**

12:30 PM - 5:00 PM **Exhibit Hall Hours** *[Corpus Christi B&C]*

11:00 PM - 12:30 PM **Welcome Lunch & Keynote Address** *[Nueces]*

#### **Welcome Remarks**

*Curtis Cooper T4A President & Manager, Houston-Galveston Council AAA*

*Annette Gutierrez, Executive Director, Rio Grande Council of Governments*

### Sponsor Spotlight

#### **Leslie J. Young, Vice President of Operations, North East Texas, Senior Products, Humana**

Leslie J. Young, Vice President of Operations for Senior Products for Humana's North East Texas Region, is responsible for Medicare Operations including benefit design for Humana's Medicare Advantage HMO and PPO products in her region. She is also responsible for developing physician and hospital network relationships to drive and support value-based strategies and products and for working with physicians and providers to meet federal quality Star ratings.

She is responsible for an area of Texas encompassing Dallas, Fort Worth, Houston and East Texas that includes more than 250,000 Medicare eligible recipients enrolled in Humana's Medicare Advantage health plans.

A thirty-year veteran in the healthcare industry field, Young has worked for the last four years growing Humana's Medicare Advantage footprint in the state of Texas. From 1996 to 2004, she worked in a variety of positions supporting Humana Military's delivery of healthcare for military beneficiaries enrolled in TRICARE in several states including Virginia, Florida and Georgia.

She previously worked for Aetna as the Chief Executive Officer of Medicaid products in Texas.

Young is a Veteran with service in the United States Army Medical Service Corp.

Young holds a Master's Degree in Organizational Management from the University of Phoenix and a Bachelor's Degree in Liberal Arts from the University of Texas at Austin. In her spare time, she and her husband enjoy exploring Texas and all that it has to offer.

# 2018 Aging in Texas Conference

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## Keynote Address



### Keynote Speaker: Beverly Chiodo, Ph.D.

Dr. Beverly Chiodo is a business educator at Texas State University. She is also a consultant and seminar speaker for professional organizations, community programs, and industry. Dr. Jerome Supple, former President of Texas State, said, "She has won every teaching award this university has to offer." Additionally, she has received state and national recognition for her teaching including National Business Teacher for 1997 by the National Business Education Association. She has also been "Hero of the Day," on CBS national TV program, *This Morning*.

12:30 PM - 1:00 PM

### Exhibit Hall Grand Opening & Dessert

**Sponsored by Cigna HealthSpring** *(Corpus Christi B&C)*

Join us for the grand opening of the Exhibit Hall and visit the 30+ conference supporters showcasing their products and services. Be sure to play all of the AiTC exhibit hall games found on page 5 of your program!

1:05PM - 2:00 PM

## BREAKOUT SESSIONS

### Age Well Live Well: Be Connected - Addressing Loneliness and Isolation in Texas Communities *(Aransas)*

*Speaker(s): Camden Frost, Program Specialist, Health and Human Services - Aging Services Coordination*

**Description:** This session provides an overview of the Texas Health and Human Services (HHS) and Aging Services Coordination office oversight areas and an introduction to the three pillars of the Age Well Live Well campaign. The focus of the session highlights the importance of connection, new research addressing social isolation and loneliness for aging adults, available resources and action steps for creating social connections through community engagement and an interactive activity for attendees.

### A Stakeholder Advisory Committee: Reconstituting, Repurposing, Revitalizing *(Laguna Madre)*

*Speaker(s): Judy Conner, Director, Texoma Council of Governments - Area Agency on Aging; James R. McBroom, PhD, Deputy Executive Director, Texoma Council of Governments*

**Description:** A stakeholder advisory committee can be of great benefit to any group. This case study shows, however, how an advisory committee can become dysfunctional over time. We discuss the process of reconstituting, repurposing, and revitalizing a dysfunctional stakeholder advisory committee, as well as lessons learned.

### Affordable, Accessible Housing and Transportation: Community Connections for Individuals with Disabilities and Seniors to Live Independently *(Corpus Christi A)*

*Speaker(s): Judy Telge, Director of Development, Coastal Bend Center for Independent Living*

**Description:** This session will provide an overview of needs, gaps, and options in affordable and accessible housing in the Coastal Bend region as identified by and available to seniors and individuals with disabilities. Participants will learn that the connection between housing and transportation is an important and often missing element in the conversation about the affordable housing crisis.

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### **Combating Social Isolation Through Telephone-based Programs** *(Matagorda)*

*Speaker(s): Joyce Hefner, LMSW, Director of Housing & Community Services, Family Eldercare*

**Description:** Social isolation is a growing epidemic, placing seniors at increased risk for morbidity. This presentation discusses Lifetime Connections Without Walls, a national telephone-based program providing homebound older adults a way to socially connect and receive assistance. This session will discuss social isolation and its risks and provide insight into program evaluation.

### 2:05 PM – 3:00 PM **BREAKOUT SESSIONS**

### **Making Your Website More Than a Bulletin Board in Supporting Independence and Aging in Place** *(Aransas)*

*Speaker(s): Dan Ansel, President and CEO, Active Daily Living*

**Description:** Improving the “stickiness” of your web site is all about providing the right content engaging both seniors and caregivers. Participants will learn what strategies and tools can greatly enhance an on-going relationship with your brand and services by targeting practical solutions addressing ADL / IADL and health condition needs.

### **Assistive Technology and Resources for Persons with Hearing Loss** *(Laguna Madre)*

*Speaker(s): Thomas Burnside, Program Specialist, Health and Human Services Commission - Office of Deaf and Hard of Hearing Services*

**Description:** In this session, attendees will learn about specialized telephone assistance programs and their devices. Participants will also learn about the services provided by the Office of Deaf and Hard of Hearing Services and Health and Human Services Commission contracted Deaf and Hard of Hearing.

### **The Houston Meals for the Elderly (Ho.M.E. ) Project** *(Corpus Christi A)*

*Speaker(s): Jeff Crain, Contract Compliance Supervisor, Harris County Area Agency on Aging*

**Description:** Attendees will learn about the Houston Meals for the Elderly (H.o.M.E.) Project, a volunteer-driven project that has provided hot meals to homebound and disabled seniors on Thanksgiving morning for the past 29 years.

### **Creativity as a Means to Expression of Emotions by Older Adults** *(Matagorda)*

*Speaker(s): Britt Eksell, PhD, Psychologist, Self-Employed*

**Description:** A research study conducted in senior residences will show evident results from engaging in creative art activities. This workshop will demonstrate the potential value of art making activities based upon own interactive experience. Meaningful activities in combination with experience and age can produce inner growth, enhanced communication, and social connectivity.

### 3:05 PM – 3:55 PM **BREAKOUT SESSIONS**

### **Making Your Website More Than a Bulletin Board in Supporting Independence and Aging in Place** *(Aransas)*

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### **State and Community Partnership: Providing Access to Cash, Food, and Health Care Benefits to the Aging Texans** *(Laguna Madre)*

*Speaker(s): Arnold Gómez, Regional Partnership Specialist, Health and Human Services Commission - Community Partner Program*

**Description:** In this session, participants will understand the primary HHS benefits available to Texans and how Texas HHS and communities partner to help aging Texans access food assistance and healthcare benefits. Attendees will understand the purpose of the Community Partner Program and how to help Texans meet their basic needs.

### **Live from DC: A Federal Aging Policy Update** *(Corpus Christi A)*

*Speaker(s): Autumn Campbell, Director of Public Policy & Advocacy, National Association of Area Agencies on Aging (n4a)*

**Description:** This session will give participants a first-hand account of the status of federal aging and health care policy. In addition, this session will provide a primer on the policy process on Capitol Hill and in the Administration and an overview of n4a's federal policy platform.

### **Healthy Aging: Programming, Tech, and Resources for Older Adults** *(Matagorda)*

*Speaker(s): Brian Leaf, Community Engagement Coordinator, National Network of Libraries of Medicine - South Central Region*

**Description:** Given the rapid growth of the 65+ demographic, this presentation is designed to introduce participants to authoritative health information for the aging population as well as educate audiences about technology trends and accessibility issues as they relate to older adults. Participants will learn about the latest resources from the NIH/NLM.

## 4:00 PM – 4:50 PM **BREAKOUT SESSIONS**

### **Depression and Aging** *(Aransas)*

*Speaker(s): Claudia Sumrall, Director of Behavioral Health Services, FirstCare Health Plans*

**Description:** Our entire lives many of us plan and look forward to our retirement years! But what happens if the “golden years” aren't shining as bright as we had hoped? What are factors that can contribute to disappointment and even depression in these golden years” and what can we do to make sure that we treat our age as just a number, but youth as an attitude? Learn easy steps to take to give a big boost to your well-being through the aging process.

### **Identity Theft Awareness, Deterrence, and Recovery** *(Laguna Madre)*

*Speaker(s): Valeria Sartorio, JD, Assistant Attorney General, Office of the Texas Attorney General - Consumer Protection Division*

**Description:** The 50-minute session will consist of a 30-minute PowerPoint presentation to service delivery personnel who work with senior adults followed by a 20-minute Q & A session. The presentation will focus on three objectives: increasing awareness of identity theft by explaining what identity theft is and providing examples of scams; providing resources, tools, and tips on how to deter identity theft; and providing resources and tips on how to recover from identity theft.

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### **How Hurricane Harvey affected Seniors and Persons with Disabilities Living in the Coastal Bend Region** *(Corpus Christi A)*

*Speaker(s): Janna Shoe, Outreach & Disaster Coordinator, 2-1-1 Texas/United Way HELPLINE; Viola Monrreal, Director, Coastal Bend Council of Governments - Area Agency on Aging & Aging and Disability Resource Center; David Ramos, Aging and Disability Resource Center and Housing Specialist, Coastal Bend Council of Governments - Area Agency on Aging & Aging and Disability Resource Center; Judy Telge, Director of Development, Coastal Bend Center for Independent Living*

**Description:** This workshop will provide a unique perspective of coastal bend region's aging and disability population prior to Hurricane Harvey and the effects on the region in the aftermath of the storm. Panelists will review the provision of aging and disability services and discuss how they were affected by disaster recovery.

### **Investigating Memory Deficits in Aging Adults** *(Matagorda)*

*Speaker(s): Gina Glanc, PhD, Associate Professor of Psychology, Texas A&M University - Corpus Christi*

**Description:** This session will present research on memory deficits in aging adults. Possible causes and behavioral implications will be discussed. Additionally, the importance of prevention/intervention will be emphasized. This research is part of a larger, Aging in Place initiative aimed at keeping elderly community members effectively in their homes for longer.

### 5:00 PM – 6:30 PM **Welcome Reception Sponsored by Aetna** *(Corpus Christi B&C)*

Join your fellow attendees in the exhibit hall for some tasty appetizers, refreshments, exciting local entertainment, and opportunities to win prizes!

## Thursday, July 12, 2018

### 8:00 AM – 5:00 PM **Registration Desk Hours**

### 8:00 AM – 2:00 PM **Exhibit Hall Hours** *(Corpus Christi B&C)*

### 8:30 AM – 10:00 AM **Coffee Break Sponsored by Amerigroup** *(Corpus Christi B&C)*

### 9:00 AM – 9:50 AM **BREAKOUT SESSIONS**

### **Healthy Living for Your Brain and Body: Tips from the Latest Research** *(Aransas)*

*Speaker(s): Virginia Funk, Director of Programs and Advocacy, Alzheimer's Association*

**Description:** For centuries, we've known that the health of the brain and the body are connected. But now, science can provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

### **Understanding the Marketplace in Texas** *(Laguna Madre)*

*Speaker(s): Danielle Jaber, Assistant Vice President of Government Programs, FirstCare Health Plans*

**Description:** This session provides the participant an overview of the marketplace plan options, enrollment and eligibility requirements including Medicare and Medicaid, as well as proposed alternatives such as short-term plans and use of the 1332 waiver.



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### **Community Engagement with Age Well Live Well** *(Corpus Christi A)*

*Speaker(s): Will Armstrong, Marketing Director, Health and Human Services - Aging Services Coordination*

**Description:** Community engagement should be an important component piece to any organization. Learn about the organizational value of community engagement and how you can create buy-in for projects with your organization and community. The HHS office of Aging Services Coordination will also discuss current and past community engagement projects to provide examples and provide clarification.

### **A Picture's Worth More than 1,000 Words: How to Turn Free Data into Useable Data** *(Matagorda)*

*Speaker(s): Tammy Mermelstein, JD, Director, Care for Elders at the Evelyn Rubenstein Jewish Community Center*

**Description:** In this session, participants will learn how to access Census data and Google Maps. This knowledge will understand how to utilize maps to understand the value of creating visual data for program planning or analysis.

## 10:00 AM – 10:50 AM **BREAKOUT SESSIONS**

### **Intellectual or Developmental Disabilities and Dementia** *(Aransas)*

*Speaker(s): Mary R. Chávez-Harrington, MD, Team Leader, Hill Country MHDD Community Center - Medical, Behavioral and Psychiatric Team*

**Description:** There is a lack of knowledge of the trajectory of decline associated with the onset of dementia in the IDD population. Early signs, interventions, and communication skills will be presented to encourage a better quality of life of those affected.

### **Understanding the Marketplace in Texas** *(Laguna Madre)*

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**Description:** This session provides the participant an overview of the marketplace plan options, enrollment and eligibility requirements including Medicare and Medicaid, as well as proposed alternatives such as short-term plans and use of the 1332 waiver.

### **Alzheimer's 101** *(Corpus Christi A)*

*Speaker(s): Xavier Fonz Gonzales, Ph.D., MSPH*

**Description:** This session will provide an overview of research updates in the field of Alzheimer's. Topics to be covered include recent disease etiology; evidence-based prevention strategies and treatments; improved diagnostic tools; and on-going community research.

### **A Picture's Worth More than 1,000 Words: How to Turn Free Data into Useable Data** *(Matagorda)*

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**Description:** In this session, participants will learn how to access Census data and Google Maps. This knowledge will understand how to utilize maps to understand the value of creating visual data for program planning or analysis.

## 11:00 AM – 1:30 PM **LUNCH ON YOUR OWN**

## 1:30 PM – 2:00 PM **Exhibit Hall Closing & Dessert Sponsored by Superior Healthplan** *(Corpus Christi BBC)*

# 2018 Aging in Texas Conference

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### 2:00 PM - 2:50 PM BREAKOUT SESSIONS

#### **Multiple Sclerosis and Aging** *(Aransas)*

*Speaker(s): Rebecca Gray, Program Implementation & Engagement Manager, National Multiple Sclerosis Society*

**Description:** This session will educate participants about resources provided for multiple sclerosis, care for individuals and their families living with the condition, and deepen participant understanding on aging and multiple sclerosis issues.

#### **How Are We Doing and Why Is It Important? Measuring a Nutrition Program's Performance** *(Laguna Madre)*

*Speaker(s): Linda Netterville, Dietician Consultant, Texas Health and Human Services - Older Americans Act Nutrition Programs*

**Description:** Where do you start? What does it matter? What outcomes are you looking for? How do you do it? All nutrition programs face increasing demands to demonstrate value and accountability. This workshop will explore why performance measurement data is useful in monitoring and improving quality of nutrition services and improved client outcomes. Resources and tools that are available will be discussed. Practical examples about how nutrition programs have used performance management data to improve and expand programming will be discussed.

#### **Veteran Directed - Home and Community Based Services: The VA and the Local Community Working Together to Help Veterans Live at Home** *(Corpus Christi A)*

*Speaker(s): Susan Blevins, VD-HCBS Care Specialist, Alamo Area Council of Governments; Stella C. Newberger, VD-HCBS Program Coordinator, Department of Veteran Affairs*

**Description:** The veteran directed - home and community-based service is designed to help veterans remain in their homes or with family based on medical needs as opposed to having to live in a long-term facility. Working together, the VA and the Bexar area agency on aging have partnered successfully with promising results for our veterans.

#### **Tarrant County Overview and Successes of the Evidence-Based program PEARLS** *(Matagorda)*

*Speaker(s): Jamie Hardwell, Community Living Programs Manager, Tarrant County Area Agency on Aging; Jamye Taylor, PEARLS Counselor, Tarrant County Area Agency on Aging*

**Description:** In this session, participants will learn about the history and receive an overview of the PEARLS program, as well as how to implement it in their community. The impact of the PEARLS program in Tarrant County will be discussed and an overview of the PEARLS Connect pilot program.

### 3:00 PM - 3:50 PM BREAKOUT SESSIONS

#### **Post-Traumatic Stress and Dementia in Long-Term Care** *(Aransas)*

*Speaker(s): Kathy Johanns, Program Administrator, General Land Office - Veterans Land Board; Sara Rodríguez, Care Management Specialist, General Land Office - Veterans Land Board*

**Description:** Post-Traumatic Stress and Dementia have a significant impact on the elders we care for. In order to provide the best care, we must better understand trauma experience, the process of dementia and how both are related to resident behavior and interaction. Attendees will learn about trauma, dementia process, behavior, appropriate staff interventions and communication techniques as well as the end of life process for trauma survivors.

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## 4:00 PM - 4:50 PM **BREAKOUT SESSIONS**

### **Proactive Engagement Strategies for a Reactive World** *(Aransas)*

*Speaker(s): Jim Reed, Executive Director, Central Texas Council of Governments; Gayle Reed, DMin, Private Consultant, Self-Employed*

**Description:** This session will focus on employee engagement and changing culture's in today's work environments. This session will focus on research surrounding engagement strategies, words and actions, employee development and models of implementation.

### **Texas' Older Individuals with Blindness Program** *(Laguna Madre)*

*Speaker(s): Macarena Peña, Caseworker, Texas Workforce Commission – Older Individuals with Blindness Program*

**Description:** The Independent Living Older Individuals with Blindness program under the Texas Workforce Solutions Vocational Rehab Services is the new platform to assist those blind and visually impaired to reach their desired level of independence through training and services. This session will inform participants about the services the Older Individuals with Blindness program can provide many Texans.

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### **Now Presenting! The Texas Active for Life Coalition featuring Clinical and Community Collaborations** *(Corpus Christi A)*

*Speaker(s):* Cindy Quinn, Program Manager, Texas A&M Center for Population Health & Aging; Matthew Smith, PhD, Associate Professor, Texas A&M Center for Population Health & Aging; Ashley Wilson, Research Associate, Texas A&M Center for Population Health & Aging; Katherine Tuck, Program Assistant, Texas A&M Center for Population Health & Aging

**Description:** In this session, The Texas Active for Life Coalition addresses the costly effects of chronic conditions and falls through evidence-based program support, leveraging of community resources and linking clinical and community services for better health and better health outcomes.

### **Roles of Data and Technology in Aging in Place** *(Matagorda)*

*Speaker(s):* Adam Sabloff, CEO and Founder, Virtual Health

**Description:** This session will discuss the need for next-generation care delivery system and technology that makes the home an organic extension of the healthcare continuum. His presentation will explore the role of data and technology in making this new model of home care a reality.

## Friday, July 13, 2018

8:00 AM - 11:00 AM      **Registration Desk Hours**

8:00 AM - 8:50 AM      **BREAKOUT SESSIONS**

### **Under Stress? Breathe!** *(Aransas)*

*Speaker(s):* Gayle Reed, DMin, Private Consultant, Self-Employed

**Description:** This session will review spirituality as it relates to wellness, conflict resolution, and caregivers' well-being. Attendees will participate in real world exercises and discuss applications.

### **The Center for Excellence in Aging Services and Long-term Care: An Innovative Collaboration to Improve Patient Outcomes** *(Laguna Madre)*

*Speaker(s):* Tracie Harrison, PhD, Professor, UT Austin School of Nursing - Center for Excellence in Aging Services and Long-Term Care; Sherry Reddick, Assistant Director, UT Austin School of Nursing - Center for Excellence in Aging Services and Long-Term Care

**Description:** This presentation will inform about the background and current state of long-term care in Texas and introduce the mission of the Center for Excellence in Aging Services and Long-Term Care. The learner will gain knowledge of a valuable resource to use to stay current about long-term care, understand the issues that long-term care stakeholders face, and understand how the collaboration between the state and a research institution is making a difference.

### **Partnering for Community Action** *(Corpus Christi A)*

*Speaker(s):* Vivian Nava-Schellinger, JD, National and Community Partnership Manager, National Council on Aging; Maggie Sun, Program Manager, Chinese Community Center of Houston; Jane Vo, Senior Program Director, Chinese Community Center of Houston

**Description:** This session will focus on partnerships and community building. Participants will learn how the community centers impacts older adults, vulnerable populations, and the Gulf Coast region. They will establish best practices on partnership building amongst aging organizations, agencies, and individuals serving older adults.

# 2018 Aging in Texas Conference

## AGING THROUGH THE WAVES OF CHANGE

### **Alzheimer's Disease: A Family Journey from Symptom to Diagnosis and Beyond** *(Matagorda)*

*Speaker(s): Adrian Nañez, PhD, Regional Medical Liaison, Amgen*

**Description:** The goal of the session is to discuss a “real world” example of a patient journey from the perspective of a family member with disease state experience. The presentation will cover topics including: symptom presentation, identifying a neurologist, identifying clinical trials, family dynamics, and finding a path-forward.

9:00 AM – 11:00 am **Closing Breakfast & Keynote Address** *(Nueces)*

### **Welcome Remarks**

*Curtis Cooper, T4A President, Manager, Houston-Galveston Area Council AAA*

## **Sponsor Spotlight**

### **Carol Zernial, Executive Director, WellMed Foundation**

Carol Zernial holds a master's degree in social gerontology and has been involved in the field of aging for over 20 years. Her background includes work for the 1995 White House Conference on Aging, the American Association of Homes and Services for the Aging (LeadingAge), and Chair of the National Institute of Community-based Long-term Care. She received the 2008 Outstanding Professional in Aging Award in Texas for her contributions to the field of aging in the area of evidence-based disease prevention and health promotion.

Carol currently serves as the Executive Director of the WellMed Charitable Foundation and Vice-President of Community Relations for WellMed Medical Management. She is Chair of the Board of Directors for the National Council on Aging, and a member of the governor's Aging Texas Well Advisory Committee.

## **Keynote Address**



### **Keynote Speaker: Wayne Salter, Deputy Executive Commissioner for Access and Eligibility Services, Texas Health and Human Services Commission**

Wayne Salter has over 19 years of dedicated service and experience in social services. As Associate Commissioner for Access and Eligibility Services within the Health and Human Services Commission Medical and Social Services Division, Mr. Salter oversees over 11,000 employees responsible for delivering public assistance programs, disability determinations services and community-based programs and services to millions of Texans every year.

Prior to arriving in Texas, Mr. Salter served as the Deputy Director of the Public Assistance Division for the Florida Department of Children and Families. Mr. Salter has dedicated his career to developing innovative and impactful solutions for improving social service delivery systems—many of which resulting in significant cost avoidance, efficiencies and streamlined processes. During his career he has served in key senior leadership positions including: Bureau Chief of Program Policy, Statewide Call Center Director and Operations and Management Consultant Manager for the Office of Quality Management.

Mr. Salter believes professional development and education are the foundation for success. He earned a Bachelor of Science degree in management and an Associate's degree in business administration. Mr. Salter also holds several professional certifications and is a graduate of the Florida Center for Public Management

# 2018 Aging in Texas Conference

## AGING THROUGH THE WAVES OF CHANGE

through the Reubin Askew School of Public Management at Florida State University receiving designation as a Certified Public Manager.

With public service at heart, he is a member of the National Association of Eligibility Workers, SNAP Integration Project Advisory Council Member and American Association of SNAP Director's Marketing Subcommittee.

Mr. Salter's extensive knowledge and experience administering public assistance programs, and passion for excellence drive his commitment to Access and Eligibility Services' mission of connecting Texans to services.

# 2018 Aging in Texas Conference

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## Conference Sponsors

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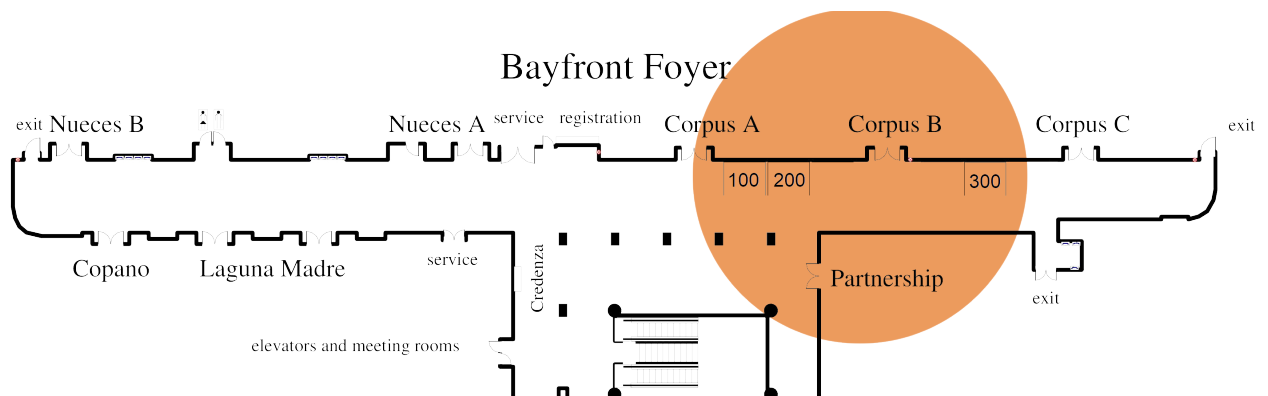
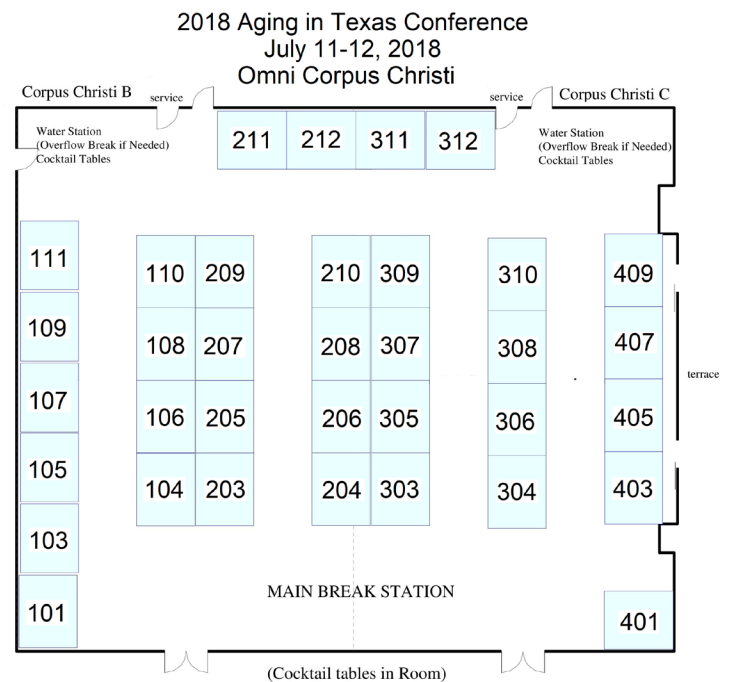


# 2018 Aging in Texas Conference

AGING THROUGH THE WAVES OF CHANGE

## Conference Exhibitors

WellMed .....	100	Mom's Meals NourishCare.....	307
Area Agency on Aging of the Coastal Bend/ADRC .....	101	Consumer Direct Care Network- Texas .....	308
Active Daily Living .....	103	HHSC - Access & Eligibility Services .....	309
Cigna .....	104	UnitedHealthcare .....	310
Texas A&M Center for Population Health and Aging.....	105	RX Outreach .....	311
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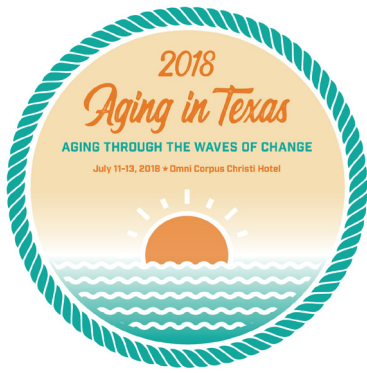
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2018 AGING IN TEXAS CONFERENCE SCHEDULE				
Wednesday, July 11, 2018				
8:00 AM - 5:00 PM	Registration Desk Hours			
8:00 AM - 11:00 AM	Exhibit Hall Set-Up			
12:30 PM - 5:00 PM	Exhibit Hall Hours			
11:00 AM - 12:30 PM	Welcome Luncheon & Keynote Address [Nueces]			
12:30 PM - 1:00 PM	Exhibit Hall Grand Opening & Dessert (Corpus Christi B & C)			
	Life Enrichments	Services	Communities	Innovations
1:05 PM - 2:00 PM	Age Well Live Well Be Connected - Addressing Loneliness and Isolation in Texas Communities	A Stakeholder Advisory Committee: Reconstituting, Repurposing, Revitalizing	Affordable, Accessible Housing and Transportation: Community Connections for Individuals with Disabilities and Seniors to Live Independently	Combating Social Isolation Through Telephone-Based Programs
2:05 PM - 3:00 PM	Making Your Website More than a Bulletin Board in Supporting Independence and Aging in Place	Assistive Technology and Resources for Persons with Hearing Loss	The Houston Meals for the Elderly (Ho.M.E.) Project	Creativity as a Means to Expression of Emotions by Older Adults
3:05 PM - 3:55 PM	Making Your Website More than a Bulletin Board in Supporting Independence and Aging in Place	State and Community Partnership: Providing Access to Cash, Food and Health Care Benefits to the Aging Texans	Live from DC: A Federal Aging Policy Update	Healthy Aging: Programming, Tech, and Resources for Older Adults
4:00 PM - 4:50 PM	Depression and Aging	Identity Theft Awareness, Determinance and Recovery	How Hurricane Harvey Affected Seniors and Persons with Disabilities Living in the Coastal Bend Region	Investigating Memory Deficits in Aging Adults
	Aransas	Laguna Madre	Corpus Christi A	Matagorda
5:00 PM - 6:30 PM	Welcome Reception with Special Local Entertainment (Corpus Christi B & C)			
Thursday, July 12, 2018				
8:00 AM - 5:00 PM	Registration Desk Hours			
8:00 AM - 2:00 PM	Exhibit Hall Hours (Corpus Christi B & C)			
8:30 AM - 9:00 AM	Coffee & Snack Break (Corpus Christi B & C)			

	Life Enrichments	Services	Communities	Innovations
9:00 AM - 9:50 AM	Healthy Living for Your Brain and Body: Tips from the Latest Research	Understanding the Marketplace in Texas	Community Engagement with Age Well Live Well	A Picture's Worth More than 1,000 Words: How to Turn Free Data into Useable Data
10:00 AM - 10:50 AM	Intellectual or Developmental Disabilities and Dementia	Understanding the Marketplace in Texas	Alzheimer's 101	A Picture's Worth More than 1,000 Words: How to Turn Free Data into Useable Data
	TBD	TBD	TBD	TBD
4:00 PM - 4:50 PM	Aransas	Laguna Madre	Corpus Christi A	Matagorda
11:00 AM - 1:30 PM	Lunch on your Own			
1:30 PM - 2:00 PM	Exhibit Hall Closing & Dessert (Corpus Christi B & C)			
Thursday, July 12, 2018				
	Life Enrichments	Services	Communities	Innovations
2:00 PM - 2:50 PM	Multiple Sclerosis and Aging	How Are We Doing It and Why Is It Important - Measuring a Nutrition Program's Performance	VDHCBS: The VA and the Local Community Working Together to Help Veterans Live at Home	Tarrant County Overview and Successes of the Evidence-Based program PEARLS
3:00 PM - 3:50 PM	Post Traumatic Stress and Dementia in Long-Term Care	How Are We Doing It and Why Is It Important - Measuring a Nutrition Program's Performance	VDHCBS: The VA and the Local Community Working Together to Help Veterans Live at Home	Tarrant County Overview and Successes of the Evidence-Based program PEARLS
4:00 PM - 4:50 PM	Proactive Engagement Strategies for a Reactive World	Texas Older Individuals with Blindness Program	Now Presenting! The Texas Active for Life Coalition featuring Clinical and Community Collaborations	Roles of Data and Technology in Aging in Place
	Aransas	Laguna Madre	Corpus Christi A	Matagorda
Friday, July 13, 2018				
8:00 AM - 11:00 AM	Registration Desk Hours			
	Life Enrichments	Services	Communities	Innovations
2:00 PM - 2:50 PM	Under Stress? Breathe!	The Center for Excellence in Aging Services and Long-Term Care: An Innovative Collaboration to Improve Patient Outcomes	Partnering for Community Action	Alzheimer's Disease: A Family Journey from Symptom to Diagnosis and Beyond
	Aransas	Laguna Madre	Corpus Christi A	Matagorda
9:00 AM - 11:00 AM	Closing Breakfast & Keynote Address (Nueces)			





**Thank you to  
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**TEXAS**  
Health and Human Services



Texas Association  
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## Humana proudly supports the Aging in Texas Conference

Humana appreciates the critical roles HHSC, T4A, and TARC play in supporting the Texas aging services community with best practices and innovative programming. We advocate for providing seniors and their caregivers with the services critical to keeping them in their homes and communities.

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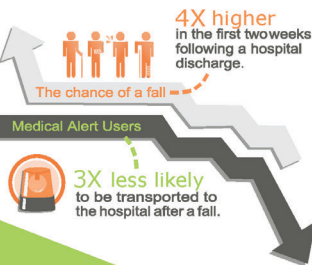
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### VRI's Success Rate




- EMS assisted in home **40%**
- non-medical response **33%**
- went to hospital **27%**

 **73%** of VRI users were able to be assisted in their home and avoided a hospital admission.

 **4X higher** in the first two weeks following a hospital discharge.

The chance of a fall  **3X less likely** to be transported to the hospital after a fall.

### The VRI Advantage

-  Traditional Landline & Cellular EHRS
-  Medication Management
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### People Who Would Benefit from a Medical Alert Program

- Does the client spend time alone during the day or night?
- Does the client take more than four medications daily?
- Is the client or clients family concerned about the possibility of falling?
- Has the client been hospitalized or been to the ER in the past 12 months?
- Is the client presently using a cane, walker or aid to assist with mobility?
- Has the client been diagnosed with heart disease, pulmonary disorders, osteoporosis, diabetes, or arthritis?
- Is the client receiving help with meal preparation, bathing, dressing, or toileting?

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# 2018 Aging in Texas Conference

AGING THROUGH THE WAVES OF CHANGE

## Conference Evaluation Form

**1. Please identify the type of agency/organization for which you work:**

☐ State Administering Agency      ☐ Local Government  
☐ Nonprofit      ☐ Other (Please Specify) \_\_\_\_\_

**2. How would rate the overall conference?**

☐ Poor      ☐ Below Average      ☐ Average      ☐ Above Average      ☐ Excellent

**3. Were the topics covered at the 2018 Aging in Texas Conference important to your professional development?**

☐ Poor      ☐ Below Average      ☐ Average      ☐ Above Average      ☐ Excellent

**4. Which session(s) did you find most beneficial?**

---

---

**5. How can we improve the conference in the future?**

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**6. Would you recommend this conference to others?**

☐ Yes      ☐ No

**7. Please indicate your overall satisfaction with this conference.**

**Conference Content**

☐ Very Dissatisfied      ☐ Somewhat Dissatisfied      ☐ Neutral      ☐ Somewhat Satisfied      ☐ Very Satisfied

**Registration Process**

☐ Very Dissatisfied      ☐ Somewhat Dissatisfied      ☐ Neutral      ☐ Somewhat Satisfied      ☐ Very Satisfied

**Venue**

☐ Very Dissatisfied      ☐ Somewhat Dissatisfied      ☐ Neutral      ☐ Somewhat Satisfied      ☐ Very Satisfied

**Food & Beverage**

☐ Very Dissatisfied      ☐ Somewhat Dissatisfied      ☐ Neutral      ☐ Somewhat Satisfied      ☐ Very Satisfied

**Please return completed forms to the registration desk.**



# Continuing Education Forms



**TEXAS**  
Health and Human Services

Omni Corpus Christi Hotel, Corpus Christi, TX

<b>Name:</b> Please print clearly.			<b>Date:</b> July 11, 2018		
<b>Organization:</b>			<b>Email:</b>		
<b>CEU Type:</b>					
<b>WEDNESDAY, JULY 11</b>					
<b>Session</b>	<b>Room</b>	<b>Track</b>	<b>Time</b>	<b>Instructor/ Moderator Initials</b>	<b>CEUs</b>
Select one session per group. Complete evaluation sheet. Turn in at end of session. Instructor/moderator will initial this sheet to confirm attendance.					
<b>Keynote: Character-Driven Success</b>	<b>Nueces</b>	<b>General</b>	11A - 12:30 PM		1.0
<b>Session One</b>					
Age Well Live Well Be Connected	Aransas	Life Enrichments	1:05 - 2:00 PM		0.92
A Stakeholder Advisory Committee: Reconstituting, Repurposing, Revitalizing	Laguna Madre	Services	1:05 - 2:00 PM		0.92
Affordable, Accessible Housing and Transportation	Corpus Christi A	Communities	1:05 - 2:00 PM		0.92
Combating Social Isolation Through Telephone-based Programs	Matagorda	Innovations	1:05 - 2:00 PM		0.92
<b>Session Two</b>					
Making Your Website More than a Bulletin Board in Supporting Independence and Aging in Place	Aransas	Life Enrichments	2:05 - 3:00 PM		0.92
Assistive Technology and Resources for Persons with Hearing Loss	Laguna Madre	Services	2:05 - 3:00 PM		0.92
Houston Meals for the Elderly (Ho.M.E.) Project	Corpus Christi A	Communities	2:05 - 3:00 PM		0.92
Creativity as a Means to Expression of Emotions by Older Adults	Matagorda	Innovations	2:05 - 3:00 PM		0.92
<b>Session Three</b>					
Making Your Website More than a Bulletin Board in Supporting Independence and Aging in Place	Aransas	Life Enrichments	3:05 - 3:55 PM		0.83
State and Community Partnership: Providing Access to Cash, Food, and Health Care Benefits to the Aging Texans	Laguna Madre	Services	3:05 - 3:55 PM		0.83
Live from DC: A Federal Aging Policy Update	Corpus Christi A	Communities	3:05 - 3:55 PM		0.83
Healthy Aging: Programming, Tech, and Resources for Older Adults	Matagorda	Innovations	3:05 - 3:55 PM		0.83
<b>Session Four</b>					
Depression and Aging	Aransas	Life Enrichments	4:00 - 4:50 PM		0.83
Identity Theft Awareness, Deterrence, and Recovery	Laguna Madre	Services	4:00 - 4:50 PM		0.83
How Hurricane Harvey affected Seniors and Persons with Disabilities Living in the Coastal Bend Region	Corpus Christi A	Communities	4:00 - 4:50 PM		0.83
Investigating Memory Deficits in Aging Adults	Matagorda	Innovations	4:00 - 4:50 PM		0.83
<b>Total CEUs for Day One:</b>					

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# Continuing Education Forms



**TEXAS**  
Health and Human Services

Omni Corpus Christi Hotel, Corpus Christi, TX

<b>Name:</b> Please print clearly.				<b>Date:</b> July 12, 2018	
<b>Organization:</b>				<b>Email:</b>	
<b>CEU Type:</b>					
<b>THURSDAY, JULY 12</b>					
<b>Session</b>	<b>Room</b>	<b>Track</b>	<b>Time</b>	<b>Moderator Initials</b>	<b>CEUs</b>
Select one session per group. Complete evaluation sheet. Turn in at end of session. Instructor/moderator will initial this sheet to confirm attendance.					
<b>Session One - select one</b>					
Healthy Living for Your Brain and Body: Tips from the Latest Research	Aransas	Life Enrichments	9:00 - 9:50 AM		0.83
Understanding the Marketplace in Texas	Laguna Madre	Services	9:00 - 9:50 AM		0.83
Community Engagement with Age Well Live Well	Corpus Christi A	Communities	9:00 - 9:50 AM		0.83
A Picture's Worth More than 1,000 Words: How to Turn Free Data into Useable Data **	Matagorda	Innovations	9:00 - 9:50 AM		0.83
<b>Session Two - select one</b>					
Intellectual or Developmental Disabilities and Dementia	Aransas	Life Enrichments	10:00 - 10:50 AM		0.83
Understanding the Marketplace in Texas	Laguna Madre	Services	10:00 - 10:50 AM		0.83
Alzheimer's 101	Corpus Christi A	Communities	10:00 - 10:50 AM		0.83
A Picture's Worth More than 1,000 Words: How to Turn Free Data into Useable Data **	Matagorda	Innovations	10:00 - 10:50 AM		0.83
<b>Session Three - select one</b>					
Multiple Sclerosis and Aging	Aransas	Life Enrichments	2:00 - 2:50 PM		0.83
How Are We Doing It and Why Is It Important - Measuring a Nutrition Program's Performance **	Laguna Madre	Services	2:00 - 2:50 PM		0.83
VD-HCBS: The VA and Local Community Working Together to Help Veterans Live at Home **	Corpus Christi A	Communities	2:00 - 2:50 PM		0.83
Tarrant County Overview and Successes of the Evidence Based program PEARLS **	Matagorda	Innovations	2:00 - 2:50 PM		0.83
<b>Session Four - select one</b>					
Post-Traumatic Stress and Dementia in Long-Term Care	Aransas	Life Enrichments	3:00 - 3:50 PM		0.83
How Are We Doing It and Why Is It Important - Measuring a Nutrition Program's Performance**	Laguna Madre	Services	3:00 - 3:50 PM		0.83
VD-HCBS: The VA and Local Community Working Together to Help Veterans Live at Home **	Corpus Christi A	Communities	3:00 - 3:50 PM		0.83
Tarrant County Overview & Successes of the Evidence Based program PEARLS **	Matagorda	Innovations	3:00 - 3:50 PM		0.83
<b>Session Five - select one</b>					
Proactive Engagement Strategies for a Reactive World	Aransas	Life Enrichments	4:00 - 4:50 PM		0.83
Texas Older Individuals with Blindness Program	Laguna Madre	Services	4:00 - 4:50 PM		0.83
Now Presenting! The Texas Active for Life Coalition featuring Clinical and Community Collaborations	Corpus Christi A	Communities	4:00 - 4:50 PM		0.83
Roles of Data and Technology in Aging in Place	Matagorda	Innovations	4:00 - 4:50 PM		0.83
<b>Total CEUs for Day Two:</b>					

\*\* This session is repeated. No CEs available if attending this training a second time.

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# Continuing Education Forms



**TEXAS**  
Health and Human Services

Omni Corpus Christi Hotel, Corpus Christi, TX

<b>Name:</b> Please print clearly.				<b>Date:</b> July 13, 2018	
<b>Organization:</b>				<b>Email:</b>	
<b>CEU Type:</b>					
<b>FRIDAY, JULY 13</b>					
<b>Session</b>	<b>Room</b>	<b>Track</b>	<b>Time</b>	<b>Instructor / Moderator Initials</b>	<b>CEUs</b>
Select one session per group. Complete evaluation sheet. Turn in at end of session. Instructor/moderator will initial this sheet to confirm attendance.					
<b>Session One - select one</b>					
Under Stress? Breathe!	Aransas	Life Enrichments	8:00 - 8:50 AM		0.83
The Center for Excellence in Aging Services and LTC: An Innovative Collaboration to Improve Patient Outcomes	Laguna Madre	Services	8:00 - 8:50 AM		0.83
Partnering for Community Action	Corpus Christi A	Communities	8:00 - 8:50 AM		0.83
Alzheimer's Disease: A Family Journey from Symptom to Diagnosis and Beyond	Matagorda	Innovations	8:00 - 8:50 AM		0.83
<b>Closing Keynote:</b> Access and Eligibility Services Associate Commissioner Wayne Salter	Nueces	General Session	9:00 - 11:00 AM		0.00
<b>Total CEUs for Day Three:</b>					

## Summary of Continuing Education Hours Earned

Total CEUs for Day One	
Total CEUs for Day Two	
Total CEUs for Day Three	
Grand Total	

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## NOTES

[illegible]

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